



ASSEMBLY OF FIRST NATIONS NATIONAL CHIEF SAYS HE IS GOING INTO HARPER MEETING WITH A WEAKENED MANDATE PAGE 6







Teachers force closures

Walkout. School daycare, extended day programs to operate



MCKIBBON

Legal strike or not, elementeachers effectively shuttered Ottawa public elementary schools Friday.

An Ontraio Labour Rela

tions Board hearing over whether a planned walkout in protest of the province imposing a contract on teachers was effectively rendered moot for parents and students. Around 8:15 p.m., the Ottawa Carelton District School Board tweeted to parents that schools would be closed. A previous tweet said a ruling by the OLRB could be hours away.

As parents were anxiously waiting Thursday night on

the OLRB decision, some teachers said nothing would stand in their way.

"Luckily our right to protest is a federal right and the province can't take that right away from us," said Kendra Brooks, an elementary school teacher from Ottawa, Thursday at a protest in front of MPP Yasir Naqvi's Catherine Street office. "Protests are never illegal as long as they're peaceful."

Brooks crowded in front

of the Liberal MPP's office with dozens of other teachers and Elementary Teachers' Federation of Ontario members. Cars whizzing by dur-ing rush hour traffic honked their horns in support of the protest as some teachers chanted, "Kill the bill."

Brooks said she plans on attending the protest even though she admits it will inconvenience students and parents.
"It's inconveniencing us,

too," she said. "I would love nothing more than to spend the day with my 22 kids. I think they're wonderful and I will miss them.

"But I think that it's a bigger story than that. It's a bigger picture than that. I think that whatever I'm doing now is protecting them in the future.

While union officials shied away from calling the walkout a "strike," Ontario Premier Dalton McGuinty showed no such trepidation Wednesday evening.
"Strikes before the holi-

days were disappointing, and they were a real inconvenience to parents, but they were legal," McGuinty told reporters.

"A strike on Friday would be an illegal strike."

As of press time, the OLRB had not released its decision on the planned walkout. — WITH FILES FROM ALEX BOUTILIER AND IOE LOFARO



Bombings leave 115 dead

Police, journalists and rescue workers among those who died in Pakistani tragedy PAGE 7

Mind-bending technology

Samsung shows off flexible screen smartphone prototype at Las Vegas gadget show.

What's on this weekend

From goth music to stormy art to the fine art of tobogganing, the Mix of Six has got you covered PAGE 16



Hey Ottawa, this deal won't last forever.

5 reasons to ditch the dish and get the best TV.



 Catch up on your favourites with 1000 times more shows and movies on Rogers On Demand!



 Watch your recorded TV shows from any room in your home with the NextBox™ 2.0 Whole Home PVR².



• Get a clear, uninterrupted picture, always. Even in severe weather.



 Watch your shows and movies on your laptop, tablet or smartphone with Rogers Anyplace TV.™



• Find what you want faster using our Enhanced TV Guide – the new HD full-screen interactive guide with advanced Search.



SWITCH & GET 2 FREE HD DIGITAL BOX RENTALS

NextBox™ 2.0 Whole Home PVR & NextBox™ 2.0 HD Box

PLUS get \$10 off your bill per month for 1-yr. with select plans.5

For more reasons to switch **CLICK** rogers.com/ditchthedish **CALL** 1877 438-6235 **VISIT** your local Rogers Store



Offer available for a limited time within Rogers cable service area (where technology permits) in Ontario only to new Rogers cable customers and is subject to change without notice. 1 Charges apply to some On Demand programming content. 2 Each additional room/TV requires a Nextbox HD terminal networked with the NextBox HD PVR (professional installation required). One Nextbox HD PVR rental and one Nextbox HD terminal rental included in each Nextbox 2.0 package. Each additional Nextbox HD terminal rental sincluded in each Nextbox HD terminal rental included in each Nextbox 4.0 package. Each additional Nextbox HD terminal rental included in each Nextbox 4.0 package. Each additional Nextbox HD terminal rental included in each Nextbox 4.0 package. Each additional Nextbox HD terminal rental included in each Nextbox 4.0 package. Each additional Nextbox HD terminal rental included in each Nextbox 4.0 package. Each additional Nextbox HD terminal rental included in each Nextbox 4.0 package. Each additional Nextbox HD terminal rental included in each Nextbox 4.0 package. Each additional Nextbox HD terminal rental included in each Nextbox 4.0 package. Each additional Nextbox HD terminal rental included in each Nextbox 4.0 package. Each additional Nextbox HD terminal rental included in each Nextbox 4.0 package. Each additional Nextbox HD terminal rental included in each Nextbo

Massage therapist

Man charged after west-end sexual assault

Ottawa police have charged an Ottawa man with sexual assault after an incident in the city's west end.

According to Staff Sgt. Frank D'Aoust, the suspect is accused of unwanted sexual touching during a massage-therapy session in July 2012. The incident is alleged to have occurred in Ottawa's West End, although police are not giving the specific location. Mario Possamai, 39,

has been charged with one count of sexual assault. He was released after promising to appear in court on Feb. 23.

According to D'Aoust, Possamai is a freelance massage therapist and works at a number of different locations, as well as at a massage parlour in his home.

ALEX BOUTILIER/METRO

Paramedics respond

Toddlers injured in auto accident

Two toddlers were hospitalized after a car collision in Kanata Thursday morning.

Ottawa paramedics responded to the intersection of McElroy Drive and Rickey Place just before 9 a.m. Thursday. They said they treated a two-yearold girl for head and arm injuries as well as possible internal injuries.

She is listed in serious, but stable condition in

hospital. Another girl, also two years old, was treated for bruises. She is in stable condition in hospital. Paramedics said the cause of her injuries is undetermined at this point.

A babysitter and a third child were not injured, paramedics said. Police said no charges would be laid in the incident.

IOE LOFARO/METRO



Daycare-subsidy snub shocks grad students

Shifted. City changed child-care-funding policy in Sept. 2012 to focus on first-degree students



BOUTILIER

Graduate students' societies say they're "shocked" to find

school students.

out Ottawa City Hall is refocusing child-care funding to undergraduate and high

The move means that some masters- and doctoratelevel students who counted on the provincially funded, city-administered subsidies will have to shoulder the full burden of child-care costs.

"We are in a knowledgebased economy, and these student parents are trying to improve their lives and the lives of their families," said Anna Goldfinch, vice-president of Carleton's Graduate Students' Society. "It's completely unfair for them to be penalized for pursuing that."

The city's policy changed in September 2012, accord-

ing to Ottawa's general manager of community and social services, Aaron Burry, It now reads that students, excluding those enrolled in masters or doctoral courses, are eli-

According to Ottawa City Hall, the number of families seeking child-care subsidies has increased by 20 per cent over the

gible for funding.

Despite that language, Burry said graduate students are still eligible for a subsidy based on availability — but students in undergraduate and high school courses are of a higher priority for the limited funds

But in an email provided to Metro, a city child-care-subsidy administrator said gradu-

ate students currently receiving the subsidy have been "grandfathered" only until the end of April 2013, and that those students would not be eligible for funding in the

That means Carleton doctoral student Samantha King will have to put her neuroscience degree on hold.

"I would have essentially take a leave from school, and stay home until Liam, who is my oldest, went to school, King said.

King, who has two chil-dren, said dropping her work now would likely mean she would have to start her research from scratch, putting her behind a number of years.







metronews.ca WEEKEND, January 11-13, 2013

8-storey mid-rise on Beechwood will 'rejuvenate' area: Developer

Rising from the ashes.

Minto development aims to bring new life to area after 2011 fire; condos, shops and restos planned



A new eight-storey mid-rise on Beechwood Avenue promises to revitalize an area New Edinburgh residents have called an "eyesore" since a fire razed 12 businesses on the site and left dozens homeless in early 2011, developers said Thursday.

day.

"It's our hope that this building will rejuvenate the site," said Brent Strachan, vice-president of mid- to highrise development at Minto Group Inc., of the fenced-off property at the corner of Beechwood Avenue near the Vanier Parkway. "You'll see that whole

strip come to life with more shops and restaurants."

A deal to buy the land is in place, he said, but still needs to be closed.

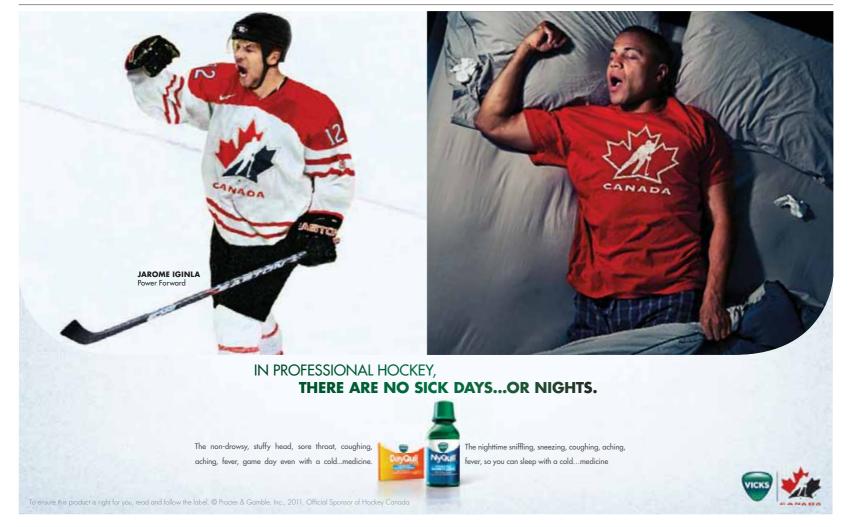
Strachan said the development will have ground-level retail space and roughly 130 to 150 condo units aimed at young professionals, first-time home buyers and those looking to downsize after retirement.

An 11-storey condo development called the Kavanaugh will bookend Beechwood Avenue.

"It will definitely bring more people back to that stretch," Strachan said, adding that the developer hopes to bring the building to market this year after the city reviews the plan's zoning application and provides its feedback.

"We think we can fit into the streetscape and provide what the community is hoping for," he said of plans to present the designs at a closed meeting of New Edinburgh's community association on lan. 16.





ALL-NEW 2013 RAM 1500

2013 RAM 1500 QUAD CAB SXT 4X4

PURCHASE PRICE INCLUDES \$9,250 CONSUMER CASH, FREIGHT, AIR TAX, TIRE LEVY AND OMVIC FEE. TAXES EXCLUDED. OTHER RETAILER CHARGES MAY APPLY.

FINANCING¹

\$152 @ 449[%]

WITH \$0 DOWN

STEP UP TO THE 2013 RAM 1500 QUAD CAB SLT 4X4

- Best-in-Class fuel economy[≠]
- Only extended cab with four full-size doors
- Class-Exclusive Active Level air suspension Class-Exclusive 8-speed automatic (available) (available)¹
- Class-Exclusive RamBox cargo management system (available)¹

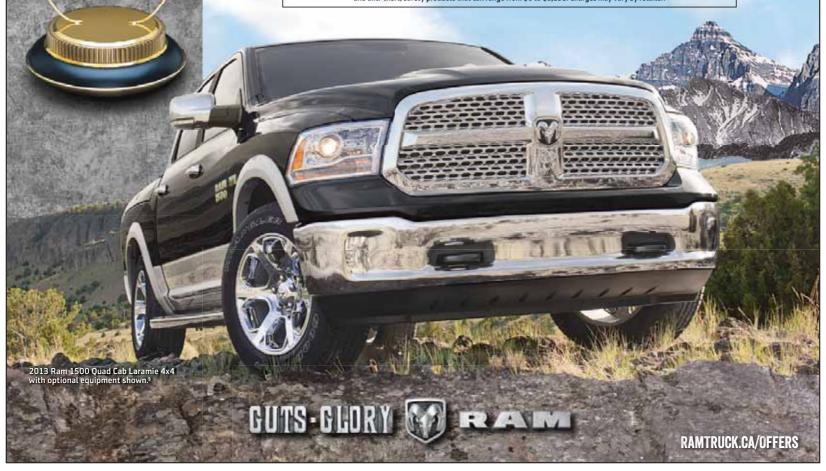
 - Class-Exclusive multilink coil spring rear suspension

MORE BI-WEEKLY

CANADA'S MOST FUEL EFFICIENT FULL-SIZE PICKUP*



+Your local retailer may charge additional fees for administration/pre-delivery that can range from \$0 to \$1,098 and anti-theft/safety products that can range from \$0 to \$1,298. Charges may vary by retailer.



extended without notice. All pricing includes freight (\$1,500-\$1,595), air tax (if applicable), tire levy and OMVIC fee. Pricing excludes licence, insurance, registration, any retailer administration fees, other retailer charges and other applicable fees and taxes. Retailer order/trade may be necessary. Retailer may sell for less. •\$26,495 Purchase Price applies to the new 2013 Ram 1500 Quad Cab SXT 4.4 (23A+AGR) only and includes \$9,250 Consumer Cash Discount. *Consumer Cash Discounts are offered on select 2013 vehicles and are deducted from the



caravan Kids

negotiated price before taxes. †4.49% purchase financing for up to 96 months available on the new 2013 Ram 1500 Quad Cab SXT 4x4 (23A+AGR) model to qualified customers on approved credit through Royal Bank of Canada, Scotiabank, TD Auto Finance and Ally Credit Canada. Retailer order/trade may be necessary. Retailer may sell for less. See your retailer for complete details. Example: 2013 Ram 1500 Quad Cab SXT 4x4 (23A+AGR) with a Purchase Price of \$26,495 (including Consumer Cash Discount) financed at 4.49% over 96 months with \$0 down payment, equals 208 bi-weekly payments of \$152 with a cost of borrowing of \$5,092 and a total obligation of \$31,586.78. \$2013 Ram 1500 Crew Cab Laramie 4x4 with optional equipment shown. Price including applicable Consumer Cash Discount: \$38,755. Discount: \$38,755 km (36 MPG) Highway. Based on 2013 EnerGuide fuel consumption guide ratings published by Natural Resources Canada. Government of Canada test methods used. Your actual fuel consumption will vary based on powertrain, driving habits and other factors. Ask your retailer for complete EnerGuide information. QBased on 2012 Automotive News full-size pickup segmentation and competitive information, "The SiriusXM logo is a registered trademark of SiriusXM Satellite Radio Inc



metr⊕ metronews.ca WEEKEND, January 11-13, 2013 **NEWS**

Hudson Bay fears

Trapped whales safe ... or are they?

A Quebec town is cautiously celebrating after a dozen killer whales trapped by sea ice appear to have reached safety amid the shifting

floes of Hudson Bay. Locals in Inukjuak say two hunters reported Thursday that the waters had opened up around a single breathing hole in the ice where the orcas had frantically bobbed for air.

\$25

▲ Todav

Talk to an RBC° advisor,

call 1-866-808-4302 or

visit rbc.com/hawaii



But fears remained that water currents and evermoving ice in the massive bay may have boxed the animals in somewhere else. THE CANADIAN PRESS

Whisk your family away to Waikiki,

Investing \$25 a week is all it takes to make

a family dream trip come true. Start today.

RBC Royal Bank

in just five years.

Pregnant teen safe after Amber Alert, police say

Saskatchewan RCMP say a missing, pregnant teenager who was the subject of an Amber Alert is safe.

RCMP said Thursday evening the girl and her 16-year-old boyfriend were brought by members of his family to a detachment in Swift Current, Sask., without incident.

The 14-year-old girl is

eight months pregnant. The Mounties said the alert was originally issued because

of allegations the girl was forcibly taken from her family's home in Maple Creek, Sask., on Wednesday night. But the boy's mother says it was all a misunderstanding.

The Youth Criminal Justice Act bans identification of a youth suspect.

The alert was issued after the girl's family reported a pair of intruders wearing ski masks burst into their home. THE CANADIAN PRESS

\$4,205

\$1,332°

A 2018

▲ 2017

Advice you can bank on



rence Thursday. "Governments need to understand that our bsolute." he said earlier in the day. ADRIAN WYLD/THE CANADIAN I

Bombshell split may derail date with Harper

Landmark 'summit.'

First Nations leader Atleo acknowledges his mandate has been dramatically weakened

New roadblocks threatened late last night to torpedo a critical meeting Friday between aboriginal leaders and Prime Minister Stephen Harper.

The head of Canada's largest aboriginal group ac-knowledged he'll be forced to go into the meeting — if it takes place at all — with a divided membership and weakened mandate.

Shawn Atleo, national chief of the Assembly of First Nations, says he has made mistakes and the organization he leads has made mis-

But at a news conference Thursday night he pleaded with fellow chiefs to put aside their divisions or those splits will be exploited by govern-

ments across the country.
Atleo was holding latenight meetings with the chiefs — who elected him last July — ahead of Friday's meeting with Harper and two of his cabinet ministers.

meetings

Spence started it

It was a month-long protest by Attawapiskat chief Theresa Spence — who is eating only fish broth — that triggered the idea of a meeting between aboriginal leaders and Prime Minister Stephen Harper.

Problem? Manitoba and Ontario chiefs have threatened not to attend unless Gov. Gen. David Johnston is there. He has now agreed to a request from Harper to host a ceremonial meeting with First Nations leaders at

aimed at quelling a growing wave of protests and block-ades organized by the Idle No More movement that has found inspiration from Ther-

esa Spence. Spence, chief of Ontario's Attawapiskat reserve has been on a liquid-only diet for four weeks to draw attention to the plight of First Nations across the country.

The refusal of prominent chiefs to take part in Friday's meeting could undermine any agreement that comes out of the gathering. THE CANADIAN PRESS

®/~ RBC and Royal Bank are registered trademarks of Royal Bank of Canada. © 2013 Royal Bank of Canada. * This example assumes a 5% annual rate of return in a Tax-Free Savings Account. Example is strictly for illustrative purposes only and are not intended to be representative of the performance of any actual or future investment available to investors. Actual client returns

Bombings in Pakistan leave at least 115 dead

Separate incidents.

Responsibility for various blasts blamed on militant sectarians, separatists and the U.S.

A series of bombings in different parts of Pakistan killed at least 115 people on Thursday, including 81 who died in a sectarian attack on a bustling billiard hall in the southwest city

of Quetta, officials said.

The blasts punctuated one of the deadliest days in recent years in Pakistan, where the government faces a bloody insurgency by Taliban militants in the northwest and Baluch militants in the southwest.

The country is also home to many enemies of the U.S. that Washington has frequently targeted with drone attacks. A U.S. missile strike Thursday killed five suspected militants in the seventh such attack in two

weeks, Pakistani intelligence officials said.

A billiard hall in Quetta, the capital of Baluchistan province, was hit by twin blasts about five minutes apart on Thursday night, killing 81 people and wounding more than 120 others, said a senior police officer.

The billiard hall was located in an area dominated by Shiite Muslims. Many of the people who rushed to the scene after the first blast were hit by the

More bloodshed

Indian troops fired across the disputed Kashmir border and killed a Pakistani soldier Thursday, Pakistan's military said, the third deadly incident in the disputed Himalayan region in recent days.

second bomb, which caused the roof of the building to collapse, he said. Police officers, journalists and rescue workers who responded to the initial explosion were also among the dead, police said.

The sectarian militant group Lashkar-e-Jhangvi claimed responsibility for the attack to local journalists.

Radical Sunni groups often target Pakistan's Shiite minority, whom they believe hold heretical views and are not true Muslims.

Earlier in the day, a bomb

targeting paramilitary soldiers in a commercial area in Quetta killed 12 people and wounded more than 40 others, said Shakeel, the senior police officer.

The United Baluch Army, a separatist group, claimed responsibility for the attack.

Elsewhere in Pakistan, a

bomb in a crowded Sunni mosque in the northwest city of Mingora killed 22 people and wounded more than 70, said senior police officer Akhtar Hayyat. THE ASSOCIATED PRESS

'They are innocent.' Gang rape suspects beaten by police, lawyer claims

Police badly beat the five suspects arrested in the brutal gang rape and killing of a young woman on a New Delhi bus, the lawyer for one of the men said Thursday, accusing authorities of tampering with evidence in the case that has transfixed India.

"They are innocent," Manohar Lal Sharma said of the five suspects ahead of a court hearing, which ended quickly after it turned out some of the official court paperwork listing the charges was illegible. He said police have beaten the men and placed other prison-

ers into the suspects' cells to threaten them with knives, adding, "You can't believe the reality of Indian prisons."

Five men have been charged with attacking the 23-year-old woman and her male friend on a bus as it was driven through the streets of India's capital. The woman was raped and assaulted with a metal bar on Dec. 16 and eventually died of her injuries.

Rape victims are not identified in India, even if they die, and rape trials are closed to the media. THE ASSOCIATED PRESS



Separatists

3 Kurdish women killed in Paris

Three Kurdish women, including a founder of the militant separatist group the Kurdistan Workers Party (PKK), were shot to death in Paris, French officials said Thursday. Hundreds of Kurds flooded the neighbourhood, with some claiming the deaths were a "political assassination" and blaming Turkey.

The slayings came as Turkey was holding peace talks with the group to try to persuade it to disarm. The conflict between the PKK and the Turkish government has claimed tens of thousands of lives since 1984. THE ASSOCIATED PRESS

Divisive issue

Irish majority in favour of more abortion rights, poll suggests

Most people in Ireland want lawmakers to give women wider access to abortion, a poll revealed Thursday as senior clerics testified before a parliamentary committee investigating Ireland's ban on the practice.

Prime Minister Enda Kenny's government has pledged to legalize abortion for women whose lives are deemed in danger from a pregnancy, including those who threaten to commit suicide if denied an abortion. THE ASSOCIATED PRESS

CLARINS Mademoiselle

Your gift until Sunday, January 20, 2013. Exclusively Ours.

With the purchase of two CLARINS products, one of which is skin care, receive your choice of gift: Trendy (featured), Urban or Natural. A value of up to \$65. Shop thebay.com



MAY WE SUGGEST:

New HydraQuench Intensive Serum Bi-Phase, 30 ml. \$58. SOS moisture for thirsty skin. Intensive moisture-replenishing bi-phase serum helps restore natural hydration for soft, comfortable, radiant skin. Shop thebay.com



Purchase one additional Clarins skin care product and receive a FREE full size Moisture Replenishing Lip Balm. A \$27 value.



AN EXCLUSIVE HBC CREDIT CARD ONLY BONUS

Receive a \$25 Savings Card with any CLARINS purchase of \$75 or more" when you use your HBC† MasterCard® or HBC Credit Card. Offer ends Sunday, January 13, 2013. Exclusively Ours. Shop thebay.com

Offer valid while quantities last. Redeemable only on your next purchase of \$100 or more; when you use your HBC MasterCard or HBC Credit Card between January 9 and January 27, 2013.



twitter.com/thehudsonsbayco

facebook.com/hudsonsbaycompany



b-insider.com



"Quantities limited. Offer good while supplies last. One gift to a customer. Values are based on our per ml and/or g price for regular-sized products. Skin care products include all face, body, sun and Clarins men's products. Available at select stores. For participating stores and more information visit thebay.com/clarins. ""Before taxes. I Hudson's Bay Co, HBC, The Bay and their associated designs are trademarks of Hudson's Bay Company, used under linearce. Credit is extended by Capital One is a registered trademark. MasterCard het MasterCard Barnd Mark are registered trademarks of MasterCard International Incorporated. All trademarks used herein are owned by the respective entities. All rights reserved. #Not redeemable on cosmetics or fragrance purchases. One card per transaction. Not to be combined with any other offer. Offer exclusions and/on. See store for chertalis.

YTHING IS MARKED DOWN!

Floor Model Clearance

Single Dining and Dinette **Chairs** from Limited quantities.

> Chests from

Limited quantities.

Dressers from

Limited quantities.

Coffee and End Tables from Limited quantities.

All Home Accessories up to

Limited quantities. our original price



original price ANY SINGLE CLEARANCE SOFAS, LOVESEATS OR CHAIRS

Our

Limited quantities.

Our

QUEEN & KING CLEARANCE MATTRESSES Limited quantities.









DINING AND DINETTE SETS from







Ottawa Clearance 350 West Hunt Club Rd. 613-224-7555



*O.A.C. only on your Brick Card Platinum. Minimum purchase of \$250. The Administration fee (\$99.95), GST (5%), PST or HST (if applicable) & delivery charges are required to be paid in full at time of purchase. Balance due April 2014. Interest may accrue for the final 25 days prior to the promotion's payment due date but will be waived if the payment balance is made in full by the due date +This offer cannot be combined with any other discount or bonus gift purchase, sale, or other promotion unless otherwise specified. Product may vary by location. We reserve the right to limit quantities by store and per purchase. Pictures are for representation only. See in store for complete details. Offer valid January 11-13, 2013, unless otherwise indicated. See in store for complete details.

Samsung shows smartphone with bendable screen

Gadget show. Phone has matchbox-sized hard enclosure with a paper-thin, flexible colour screen attached

By showing off a phone with a flexible screen, Samsung Electronics Co. is hinting at a day when we might fold up our large phone or tablet screens as if they were maps.

The Korean electronics company provided a glimpse of such a device at a key-note speech Wednesday at the International CES gadget show in Las Vegas.

The phone's screen doesn't appear flexible enough to fold in half like a flexible piece of paper, but it could bend into a tube.

The company also showed a video of a future concept,



with a phone-sized device that opens up like a book, revealing a tablet-sized screen inside.

The screen uses organic light-emitting diodes, or OLEDs. Only a thin layer of these chemicals is needed to produce a bright, colorful screen. They're used in many Samsung phones already, though with glass screens.



101.57 cents US, up 0.32 of a cent



up 77.50



\$93.82 US, up 72 cents



GOLD \$1,678 US. up \$22.50

Natural gas: \$3,19, up 8 cents Dow: 13,471.22, up 80.71

For the bendable phone, Samsung laid the chemicals over thin plastic instead of glass. That's a trick you can't pull off with liquid crystals in standard displays.

THE ASSOCIATED PRESS

Do you have dust mite **ALLERGIES?**

We are conducting a Clinical Research Study to evaluate an investigational medication for the potential treatment of **Dust Mite Allergy Symptoms**

Please call if you are 18-55 years of age, and wish to find out if you qualify for this study

Up to \$3150 compensation provided upon study completion.



For more information please contact us at:

Ottawa Allergy Research 613-725-2102 ext. 248



Reduce Belly Fat! Increase Energy!

Testosterone levels begin to diminish in men around age 30. In fact, by the time men are 60 years old, they typically produce 60% less testosterone than they did at age 20 (a man's sexual peak). Many men over the age of 35 may already be feeling the effects of lower testosterone including:

X Increased Belly Fat X Low Libido X Low Energy

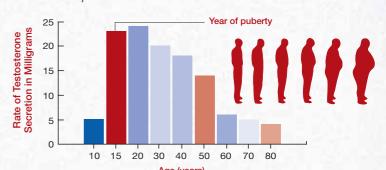
X Decreased Muscle Strength

X Mood Changes X Prostate Problems and more...

Unfortunately at the same time testosterone is decreasing, estrogen levels are increasing, causing further muscle loss and gain in body fat, making it extremely difficult to maintain a healthy metabolism.

Along with a program of proper nutrition and regular exercise, researchers have discovered a group of naturally proven nutrients that can help you safely reduce excess estrogen while maximizing testosterone levels.

Ultimate Male Energy™ contains 100% natural ingredients like: *Chrysin*, Stinging Nettle Root Extract, Indole-3-Carbinol and Broccoli Sprout Powder to help restore healthy, youthful hormone balance by positively affecting both estrogen and testosterone production, which ultimately helps a man look, feel and perform at his best. Ask about Ultimate Male Energy at your local health food store today!



I really had to write you and tell you about the incredible success I am having with Ultimate Male Energy ... my body looks like twenty years ago, my clothes fit great, my energy level when working out is great and my endurance so much better ...thank you for this great, great product. C.D., MB **



Look for Brad King's book The Ultimate Male Solution at your local Health Food Store.

www.AwakenYourBody.com





Only at your local Health Food Store





metronews.ca WEEKEND, January 11-13, 2013

BIG ON SLASHER, RAPT ON KNUCKLE



THE LIST Neil Morton metronews.c

Texas Chainsaw 3D.
The latest version of
this cult classic stunned
studio execs by finishing No. 1
at the box office, nudging out
Quentin Tarantino's Oscar-

nominated western Django Unchained and The Hobbit: An Unexpected Journey. Chainsaw doesn't signal the end of pop culture but rather the beginning of more campy, crappy horror flicks.

Leafs fan in space. Astronaut Chris Hadfield was smacked down after tweeting a picture of himself holding a Toronto Maple Leafs plaque from the International Space Station. I mean, what planet is Hadfield on cheering for them? And speaking of which, what planet are the Leafs on firing their GM Brian Burke a week before the season starts?

iHeartRadio. The free digital radio service has a new iPhone update allowing users to create custom stations based on their moods and activities, with genres such as Skinny Jeans: Boys with Guitars. Now iHeartRadio will know right away if this boy is in a Motorhead or Air Supply mood.

Outhouse reward. A man got national attention after posting an ad on Kijiji offering a \$500 reward after thieves took a large, brand new outhouse he had just constructed on his farm near Edmonton. If I were this guy, I'd raise a stink, too.

Models. The Canadian fashion industry was thrown for a loop this week when Ford Models made the shocking decision to pull out of Canada, saying it's closing its T.O. offices by the end of the month. This explains why forlorn models were seen walking the streets with catwalks tucked under their arms.

@kobebryant. His Laker team is having a miserable season, but at least Kobe Bryant now has Twitter to fall back on. "The antisocial has become social," tweeted @kobebryant to get the ball rolling. Kobe already has more than 700,000 followers, but he has a ways to go to catch NBA Twitter King LeBron James, who has nearly 6.9 million followers.

The Bachelor. This show about fame — and oh, yeah, love — kicked off its 17th season this week on ABC. Among the suitors for Sean Lowe was the drunk, creepy 50 Shades of Grey-obsessed Ashley P., who wanted to tie him up. Shockingly, she will not be getting a proposal. She was totally elimidated.

Kate's 31st. This is the year of Kate ... again. 2011 was her Royal Wedding, 2012 was her pregnancy announcement, and this year Royal Watchers will be waiting to see if it's a boy or girl, and the chosen name. For now, it's her 31st birthday week (Jan. 9). Last year, she got a puppy from Will. I recommend a Bugaboo baby stroller this

Bowie. The world showed some modern love for David Bowie this week when, under no pressure, he released a new single, Where Are We Now?, on his 66th birthday — and announced his first album in 10 years, The Next Day, will be coming out in March. Let's Dance to that.

Oprah. Lance Armstrong talks to Oprah next week in his first no-holds-barred interview since the doping scandal. Might it be he admits his guilt? The interview airs Jan. 17 on Oprah's Next Chapter and will be streamed live worldwide on Oprah.com. Must-watch TV drama on your stationary bike.

on your stationary bike.

R.A. Dickey.
Toronto got to
meet their new
ace/knuckleballer this
week, and fell in love.
Dickey is perhaps the
most articulate, intelligent athlete to come to
town ever. Not to mention he
has the best Twitter bio ever:
"Father, Husband, Christian,
Pitcher, Author, Adventurer,
Star Wars Nerd,
Reader, Ninia in

Follow The Metro List on Twitter @TheMetroList

Training & Cyclist."



Blimp my air-cargo ride



Future of air travel

Revolutionary airship revealed

Is it a bird? Is it a plane? No, it's a "super-blimp"! The 79-metre Aeroscraft has been hailed as a revolutionary airship that aims to provide a new way of moving heavy and oversized cargo, especially to areas with limited or no infrastructure. California-based Aeros had recently completed construction of the airship prototype.

Airship feature:

- Payload. The craft is pegged to carry cargo of up to 66 tons — equivalent to the weight of about a dozen elephants.
- Investment. NASA and the U.S. Pentagon invested \$35 million in the project.
- Future demos. Aeros is contractually obligated to show its airship's abilities, including vertical takeoff. It hopes to roll out its first flights in three years' time.

Technological innovation

Makers buoyed by breakthrough

In the past, airships have had buoyancy problems because they needed to be weighed down or tied to the ground to keep them from being carried away by the wind while cargo is unloaded. Aeros claims its Aeroscraft is "the world's first rigid variable-buoyancy air vehicle," with an ability to compress and release helium in its balloon to retain buoyancy for unloading.



Ship on a mission: Its makers believe Aeroscraft's rigid structure and landing capabilities could also see its airship used for humanitarian and military operations. WORLDWIDE AEROS

Engineer's viewpoint



"This is truly the beginning of a vertical global transportation solution for perhaps the next 100 years."

Aeros CEO and Chief engineer Igor Pasternak

Panel

Register at metropolitanpanel.ca and take the quick poll

What are you hoping NASA's Mars rover finds on the Red Planet?



Twitter

@Renee_R

RT @_MarkSutcliffe: Theresa Spence is proving the Oscar Wilde line about two tragedies in life: not getting what you want and getting it.

@HitFallAngels:

@bigpicguy @OutlawTory Conservative government=best government ever!

@nikitalittle:

RT @Evanxleblanc: Basically people are crazy.

@Timkoufqpkbapkw:

Some people are afraid of heights. Not me, I'm afraid of widths.

@skinnysisk:

Ross McCall is too attractive to be real sometimes i just see his face and cry because whoa

@1MaginAZN:

Everything looks different from the top of a double decker OC

metr⊕

President Bill McDonald • Vice-President & Group Publisher, Metro Eastern Canada Greg Lutes • Editor-in-Chief Charlotte Empey • Deputy Editor Fernando Carneiro • National Deputy Editor, Digital Quin Parker
• Managing Editor, Ottawa Sean McKibbon • Managing Editor, News & Business Amber Shortt • Managing Editor, Life & Entertainment Dean Lisk • Vice-President, Sales Quin Millar • Sales Manager lan Clark • Distribution Manager
Bernie Horton • Vice-President, Business Ventures Tracy Day • Vice-President, Creative Jeff Smith • Vice-President, Marketing & Interactive Jodi Brown • Vice-President, Finance Phil Jameson • METRO OTTAWA • 130 Slater St., Suite 100
Ottawa, ON KIP 6E2 • Fleelphone: 613-236-5058 • Asinfoottawa@metronews.ca • Distribution: bernie.horton@metronews.ca
• News tips: ottawa@metronews.ca • Letters to the Editor: ottawaletters@metronews.ca

metronews.ca WEEKEND, January 11-13, 2013

Zero Dark Thirty is getting early positive reviews with its heart-pumping-action-filled narrative. HANDOUR

Reel Guys

RICHARD CROUSE AND MARK BRESLIN



Find them and kill them

Morality tale. The Reel Guys agree that Zero Dark Thirty is a well-made film but differ when it comes to who enjoyed it

Richard: Mark, this isn't a who dunnit, or why dunnit, but a how dunnit. It's a detailed look at the step-bystep process that resulted in locating and exterminating bin Laden. The story begins before President Obama's famous, "We don't torture," speech, so it presents the uncomfortable, controversial truth that pitiless persuasion like sleep deprivation, boxing and waterboarding — so simple, yet so brutally, terrifyingly effective — was used to gain information. The torture scenes have been very much in the news, what did you think of them?

Mark: Revenge — I mean justice — isn't always pretty.

But it does show that you can negotiate with terrorists. The torture scenes set up the moral queasiness that runs through the whole movie.

As the C.I.A. honcho says, "Get me some names so I can kill them!"

And no one is safe in the final raid on the bin Laden compound, not even the innocent. Did I like the picture? I can only muster two cheers here. It's authentic and gritty, but much of it is a plodding procedural with only intermittent action. Richard, I think we'll agree it's a good movie, but did you enjoy watching it?

RC: I did. I thought it was a nuanced, suspenseful and terrifically exciting look at recent history. We know how the movie is going to end, so the trick is to keep us engaged through to the climax, which, for me, the movie does. Having said that, there is frequent overwriting — like the inevitable "then I'm gonna kill bin Laden" moment — which seems too easy for a

movie this clever, but, for me, Kathryn Bigelow's virtuosic handling of the climatic raid scene overpowers the film's weaker moments.

MB: This is an anti-heroic view of the events, which took a lot of guts on the filmmakers' parts. There's certainly no one to "root for," especially after the torture scenes. Jessica Chastain's character is devoid of any personal life; she is her job. So is everyone else. The military has never looked so unappealing. It's a grim and ugly job, and there's a lot of truth in that point of view, but I found myself resisting the movie in many places. A lot of critics think this is the best film of the year. Richard?

RC: I'd agree with that. It is grim, but so is the story it chooses to tell. It's also heart-thumpingly exciting and well made.

MB: Well-made indeed. But in the end, I respected it more than enjoyed it.

Synopsis

The film begins on 9/11 with audio of calls coming from the Twin Towers. Stage set, the movie leaps forward two years to the brutal waterboarding and torture of an Osama bin Laden relative by Dan (Jason Clarke), a C.I.A. expert in extracting information. Overseeing the enhanced interrogation techniques is Maya (Jessica Chastain), a newly recruited officer charged with helping to track down terrorist leader bin Laden and dismantle al-Qaeda. This is her story, a carefully plotted espionage tale that flows from the clues that lead to the death of bin Laden at the hands of the Navy S.E.A.L. Team 6 in May, 2011

Star ratings:

- Richard: ••••
- Mark: ••••







metr⊕ 12 SCENE

Drama/Crime



Gangster Squad

Director. Ruben Fleischer

Stars. Sean Penn, Ryan Gosling,

• • • •

This movie will suffer from comparisons to The Untouchables and LA Confidential. It grabs the atmosphere of post war L.A. from the latter and the storyline - about an undercover team of police led by Sgt. O'Mara (Josh Brolin) who bring ruthless mobster Mickey Cohen to justice almost beat for beat, from the former. But this is a far more blunt object than either of its forbearers. It's a period piece that spends a bit too much time exploring the down-and-dirty side of the story, but is a stylish look at a fascinating time. RICHARD CROUSE

Drama/Action



The Impossible

Director. J.A. Bayona

Stars. Ewan McGregor,

. . .

After a tsunami wipes out their Thai resort, an English family are separated from one another with Maria (Watts) and her oldest son left wondering if her husband Henry (McGregor) and their two youngest sons are still alive. Based on a true story, director J.A. Bayona (the Orphanage) creates some of the year's most viscerally thrilling scenes during the initial tidal wave and its immediate aftermath. But the film peaks early and the ensuing search and flip-flopping points-of-view prove anticlimactic.

IAN GORMELY

Drama



Rust and Bone

Director. Jacques Audiard

Stars. Marion Cotillard, Matthias Schoenaerts and Armand Verdure

. . . .

Vagrant Ali is given custody of his son when his wife is found to have used the fiveyear-old as a drug mule. Ali's irresponsible, angry and impoverished, working the criminal fringes as an itinerant security guard and wrestler, hardly the ideal parent. But he meets Stéphanie, who lost both legs in an aquarium whale attack, and discovers his selflessness, long buried. Ali and Stéphanie's stories are the dramatic bones of the film. but its heart is the shadowy figure of the little boy.

Arnie makes good on 'I'll be back' vow

The Last Stand.

After his turn as the Governator, Schwarzenegger returns to what he does best

Arnold Schwarzenegger likes to beat people to a joke. "First of all, it's great to be back," he says with a grin before anyone gets a chance to adapt his famous catchphrase to his return to movies after an extended stint running the state of California.

And he is back, he insists, starring in The Last Stand as a small-town sheriff going up against an army of mercenaries.

"As you remember, when I got into the governorship in 2003, I said I only would go and run the state for the seven years that were remaining, then I would be back in the movie business," he says.

"So it was just kind of stepping out of the movie business



Arnold Schwarzenegger stars in The Last Stand, which opens next

rather than kind of like I'm now going back to the movie business."

During that time, though, the movie business has changed, a harsh lesson for Schwarzenegger, considered a "contract genius" in his heyday

for the deals he could broker

for films like Eraser and Terminator 3: Rise of the Machines regardless of their success or failure.

"It's kind of like a scary thing to come back because you don't know if you're accepted or not," he admits.

"I have to also be realistic that I may see something that I may like to do, and I will go and take it to (producer) Lorenzo (di Bonaventura) and he will say, 'Oh, this is fantastic, but I don't think anyone is going to see it.' It's show business. It's the show, it's the acting, it's the performing, it's all of this, but you've got to be able to sell it also because movies cost a lot of money."

In The Last Stand, Schwarzenegger, now 65, is also hoping to get out in front of any wave of jokes about his age.

"You don't want to dwell on it, but to just throw it in, and it takes the curse off then," he says of jokes made at the expense of his advancing years in the film.

"You can make fun of yourself."

NED EHRBAR, MWN







THESE PAGES COVER MOVIE START TIMES FROM FRI., JAN.11 TO THURS., JAN. 17. TIMES ARE SUBJECT TO CHANGE. COMPLETE LISTINGS ARE ALSO AVAILABLE AT METRONEWS.CA/MOVIES.

Bytowne Cinema 325 Rideau St.

Anna Karenina (14A) Fri 4:15 Sat 1:45 Sun 3:40 Et si on vivait tous ensemble? (STC) Mon-Tue 4:45 The Impossible (PG) Fri 7 Sat 9:30 Sun 1:15-9 Mon-Tue 6:55 Wed 9:20 Thu 4:15-9:20 Rust and Bone (18A) Fri 9:30 Sat 4:25-6:55 Sun 6:25 Mon-Tue 9:20 Wed 4:15-6:45 Thu 6:45

Coliseum Ottawa 3090 Carling Ave.

Django Unchained (18A) Fri-Sun 11:40-3:20-7-10:40 Mon-Thu 3-6:30-10:05 Gangster Squad (14A) Fri-Sun 12-2:40-5:20-8:10-10:55 Mon-Wed 4:50-7:40-10:25 Thu 1:25-4:50-7:40-10:25 The Hobbit: An Unexpected Journey (PG) Fri-Sun 1:45-5:30-9:15 Mon-Wed 5:20-9 Thu 1:20-5:20-9 The Hobbit: An Unexpected Journey 3D (PG) Fri-Sun 11:25-3-6:45-10:30 Mon-Thu 3:15-6:45-10:15 Jack Reacher (14A) Fri 1:50-4:50-7:50-11 Sat 3:40-7:50-11 Sun 4:50-7:50-11 Mon-Tue 4:20-7:20-10:30 Wed-Thu 4:20-10:30 The Metropolitan Opera: The Tempest Live (STC) Sat 12 Les Misérables (PG) Fri-Sun 11:45-3:10-6:35-10:05 Mon-Thu 3:10-6:30-9:55 Monsters, Inc. (G) Fri-Sun 11:30-2:10-4:45 Mon-Thu 4:15 Star & Strollers Screening Thu 1 National Theatre Live: The Magistrate (STC) Thu 7 Parental Guidance (G) Fri-Sun 7:20-9:50 Mon 9:30 Tue 6:50-9:20 Wed 10:10 Thu 1:15-10:10 Saadi Love Story (PG) Fri-Sun 12:30-3:30-6:30-9:30 Mon-Thu 3-6-9 Skvfall (PG) Fri-Sun 1:10-4:20-7:30-10:50 Mon-Tue 3:50-7-10:20 Wed 3:50-10:20 Thu 3:50-7-10:20 Texas Chainsaw 3D (18A) Fri-Sun 12:45-

3:15-5:45-8:15-10:45 Mon-Wed 5:15-7:45-10:15 Thu 1:10-5:15-7:45-10:15 This Is 40 (14A) Fri-Sun 1:30-4:35-7:40-10:50 Mon-Thu 4:05-7:10-10:20 Star & Strollers Screening Thu 1 Vertigo (PG) Sun 12:45 Wed 7 Wreck-It Ralph (PG) Fri-Sun 11:20 Zero Dark Thirty (14A) Fri-Sun 12:15-3:40-7:10-10:45 Mon-Thu 3:10-6:40-10:15

Empire 7 Cinemas 111 Albert St., 3rd Floor, **World Exchange Plaza**

Hitchcock (PG) Fri-Sun 9 Mon 3:20-6:30-9:25 Tue-Thu 9

Life of Pi (PG) Fri 3:10-6:20 Sat-Sun 12:20-3:10-6:20 Mon 9:30 Tue 12:20-3:10-6:20 Wed-Thu 3:10-6:20

Life of Pi 3D (PG) Fri-Sun 9:20 Mon 3:10 Lincoln (PG) Fri 3:05-6:15-9:10 Sat-Sun 11:50-3:05-6:15-9:10 Mon 3:05-6:15 Tue 11:50-3:05-6:15-9:10 Wed-Thu 3:05-6:15-9:10 Les Misérables (PG) Fri 3:50-7:30 Sat-Sun 12-3:50-7:30 Mon 3:30-7:30 Tue 12-3:50-7:30 Wed-Thu 3:50-7:30 National Theatre Live: The Magistrate (STC) Thu 7

Not Fade Away (14A) Fri-Thu 6:50 Promised Land (14A) Fri 3:15-6:20 Sat-Sun 12:10-3:15-6:20 Tue-Thu 9:25 Silver Linings Playbook (14A) Fri 3:40-6:40-9:20 Sat-Sun 12:30-3:40-6:40-9:20 Mon 3:40-6:40-9:20 Tue 12:30-3:40-6:40 9:20 Wed 3:40-6:40-9:20 Thu 3:40-9:20 Texas Chainsaw (18A) Fri 3:20-9:25 Sat-Sun 12:40-3:20-9:25 Mon 3:20-9:25 Tue 12:40-3:20-9:25 Wed 3:20-9:25 Thu 3:20 Zero Dark Thirty (14A) Fri 3-6:25-9:35 Sat-Sun 11:40-3-6:25-9:35 Mon 3-6:25-9:35 Tue 11:40-3-6:25-9:35 Wed-Thu 3-6:25-9:35

Mayfair Theatre 1074 Bank St.

Dirty Dancing (STC) Wed 7 Django (R) Fri 11:55 Goldfinger (PG) Sat 1 Tue 7 Midnight's Children (PG) Fri 6:30 Sat-Sun 6 Mon 6:45 Thu 6:45 Red Dawn (PG) Wed-Thu 9:15 The Rocky Horror Picture Show (STC) Sat 11:30 Thunderball (PG) Sat 3:15 Tue 9:15 Universal Soldier: Day of Reckoning (R) Fri 9:30 Sat-Sun 9 Mon 9:45

Mayfair Theatre Orleans 250 Centrum Blvd.

Argo (14A) Fri-Sun 3:15-6:15 Mon 6:15 Tue 3:15-6:15 Wed-Thu 6:15 Flight (18A) Fri-Thu 8:45

Hitchcock (PG) Fri 3:30-6:30-8:30 Sat-Sun 12:30-6:30-8:30 Mon 6:30-8:30 Tue 3:30-6:30-8:30 Wed-Thu 6:30-8:30 Lincoln (PG) Fri 3-6-9 Sat-Sun 11:50-3-6-9 Mon 6-9 Tue 3-6-9 Wed-Thu 6-9 The Rocky Horror Picture Show (STC) Fri 10:30

Wreck-It Ralph (PG) Sat-Sun 1-3:30

Rainbow Cinemas St. Laurent Centre, 1200 St. Laurent Blvd.

Anna Karenina (14A) Fri-Thu 10:20-1:20-6:30 Argo (14A) Fri-Thu 10:30-1:10-6:40 Flight (18A) Fri-Thu 10-7:30 Here Comes the Boom (PG) Fri-Thu 4:20-9:20 Hotel Transylvania (PG) Fri-Thu 10:10-2:35-4:35 Ice Age: Continental Drift (PG) Fri-Thu 10:40-3:10-5:05 Pitch Perfect (PG) Fri-Thu 4-9:10 Playing for Keeps (PG) Fri-Wed 1-7:10-9:25 Thu 7:10-9:25 Thu 1 Rise of the Guardians (G) Fri-Thu 12:40-The Twilight Saga: Breaking Dawn Part 2 (PG) Fri-Thu 12:10-6:50-9:15

Rideau Centre Cinemas 50 Rideau St.

Django Unchained (18A) Fri 4:40-8:30 Sat-Sun 12:45-4:40-8:30 Mon-Thu 7:10 Gangster Squad (14A) Fri 3:45-6:30-9:10 Sat-Sun 1-3:45-6:30-9:10 Mon-Thu 6:30-9:10 The Hobbit: An Unexpected Journey (PG) Sat-Sun 12:30 The Hobbit: An Unexpected Journey 3D (PG) Fri-Sun 4:30-8:15 Mon-Thu 7

South Keys

2214 Bank St. Django Unchained (18A) Fri-Thu 10:45-2:20-6:05-9:30 Flushed Away (PG) Sat 11 Gangster Squad (14A) Fri 11:15-1:55-4:35-7:25-10:10 Sat 11:15-1:45-4:35-7:25-10:10 Sun-Thu 11:15-1:55-4:35-7:25-10:10 The Guilt Trip (PG) Fri-Thu 9:50 The Hobbit: An Unexpected Journey 3D (PG) Fri-Thu 10:50-2:25-5:55-9:35 Jack Reacher (14A) Fri 10:30-1:20-4:10-7:05-9:55 Sat 4:10-7:05-9:55 Sun-Wed 10:30-1:20-4:10-7:05-9:55 Thu 10:15-1-3:45-10:15 Life of Pi 3D (PG) Fri-Thu 10:10-12:55-3:40-6:35-9:25 Matru Ki Bijlee Ka Mandola (PG) Fri-Thu 10:55-2:05-5:20-8:30 The Metropolitan Opera: The Tempest Live (STC) Sat 12 Les Misérables (PG) Fri-Thu 10:25-2:10-6-9:40 Monsters, Inc. 3D (G) Fri-Thu 10:35-12:50-3-5:15-7:30 National Theatre Live: The Magistrate (STC) Thu 7 Skyfall (PG) Fri-Thu 12:45-3:45-6:45-9:45 Texas Chainsaw 3D (18A) Fri-Thu 11-1:10-3:25-5:40-7:45-10 This Is 40 (14A) Fri 10:15-1:05-3:55-6:55-10:05 Sat 1:05-3:55-6:55-10:05 Sun-Thu

Gatineau Canadian Museum of civilization, 100 rue Laurier

10:15-1:05-3:55-6:55-10:05

Wreck-It Ralph (PG) Fri-Thu 10:20

2:55-6:25-10 Thu 11:30-2:55-6:35-10

Zero Dark Thirty (14A) Fri-Wed 11:30-

Arctique 3D (STC) Sat 10:45 Sun 4 Mon 12:55 Thu 4 Extreme (STC) Tue-Thu 8 Flight of the Butterflies 3D (STC) Sat 11:50-2-5-7 Sun 11:50-2-5 Mon 11:50-2 Tue 2-5-7 Wed 2-5 Thu 2-5-7 L' incroyable voyage des papillons 3D (STC) Sat 12:55-4 Sun 12:55-6 Tue 11:50-4 Wed 4-7 Thu 11:50 No Films Showing Today (STC) Fri Nés pour être libres (STC) Wed-Thu 12:55 Rocky Mountain Express (STC) Sat 8 Tire 8

To the Arctic 3D (STC) Sat 3 Sun 10:45-3 Mon 10:45 Tue 10:45-3 Wed 3 Thu 10:45-3

Cinéma des Galeries d'Aylmer 400 boul. Wilfrid-Lavignea

Gangster Squad (STC) Fri-Sun 12:50-3:45-7-9:45 Mon 7 Tue 12:50-3:45-7-9:45 Wed-Thu 7-9:45 The Hobbit: An Unexpected Journey (G) Fri-Sun 3:10-9:10 Tue 3:10-9:10 Wed-Thu 9.10

The Hobbit: An Unexpected Journey 3D (G) Fri-Sun 12:30-6:30 Mon 6:30 Tue

12:30-6:30 Wed-Thu 6:30 Jack Reacher (13+) Fri-Sun 3:20-9:30 Tue-Thu 9:30 Les Misérables (G) Fri-Sun 12:40-3:40-6:40-9:40 Mon 6:40 Tue 12:40-3:40-6:40-9:40 Wed-Thu 6:40-9:40 Les Pee Wee: L'hiver qui a changé ma vie (G) Fri-Sun 1-6:50 Mon-Thu 6:50 Thérèse Desqueyroux (G) Tue 1-3:30 Wed-Thu 7

Ciné-starz 1100 boul. Maloney Ouest

Hotel Transvlvanie (G) Fri-Sun 12-1:40-3:20-7:25 Mon-Thu 12-4 L'enlèvement 2 (13+) Fri-Sun 6-9 Mon-Thu 1:55-7:25-9:05 Ière de glace: La dérive des continents (G) Fri-Sun 12-1:40-5:10 Les mondes de Ralph (STC) Fri-Sun 12-1:55-3:50-5:45-7 Mon-Thu 12-3:35-5:30 La saga Twilight: Révélation - partie 2 (STC) Fri-Sun 1:50-3:50-7:40-9:40 Mon-Thu 12-2-4-6:10-8:15 Vol (13+) Fri-Sun 5-9:05 Mon-Thu 1:35-5:45-8:10 Ésimésac (G) Fri-Sun 12-3:20-7:40-9 Mon-Thu 12-1:50-3:40-5:30-7:20-9:10

Gatineau 9 120 boul. de l'Hôpital

De rouille et d'os (13+) Fri 7:15-9:45 Sat-Sun 1:20-4:05-7:15-9:45 Mon 7:15-9:45 Tue 1:20-4:05-7:15-9:45 Wed-Thu 7:15-9:45 Escouade gangster (STC) Fri 6:50-9:40 Sat-Sun 12:50-3:45-6:50-9:40 Mon 6:50-9:40 Tue 12:50-3:45-6:50-9:40 Wed-Thu 6:50-9:40 Le hobbit : Un voyage inattendu 3D (G) Fri 8:15 Sat-Sun 12:45-4:30-8:15 Mon 8:15 Tue 12:45-4:30-8:15 Wed-Thu 8:15 Jack Reacher (13+) Fri 6:45-9:30 Sat-Sun 12:30-3:15-6:45-9:30 Mon 6:45-9:30 Tue 12:30-3:15-6:45-9:30 Wed-Thu 6:45-9:30 L'histoire de Pi 3D (G) Fri 6:40 Sat-Sun 1:15-6:40 Mon 6:40 Tue 1:15-6:40 Wed-Thu 6:40 Lincoln (G) Fri 6:30-9:25 Sat-Sun 12:15-3:20-6:30-9:25 Mon 6:30-9:25 Tue 12:15-3:20-6:30-9:25 Wed-Thu 6:30-9:25 Massacre à la tron-conneuse 3D (16+) Fri 7:05-9:10 Sat-Sun 1:10-3:25-7:05-9:10 Mon 7:05-9:10 Tue 1:10-3:25-7:05-9:10 Wed-Thu 7:05-9:10 Opération avant l'aube (13+) Fri 8 Sat-Sun 12:35-3:50-8 Mon 8 Tue 12:35-3:50-8 Wed-Thu 8

Les Pee Wee 3D: L'hiver qui a changé ma vie (G) Fri 7-9:35 Sat-Sun 1-3:40-7-9:35 Mon 7-9:35 Tue 1-3:40-7-9:35 Wed-Thu 7-9:35 Surveillance parentale (G) Sat-Sun 4 Tue 4 Ésimésac (G) Fri-Thu 9:15

StarCité Hull 115 boul. du Plateau

De rouille et d'os (13+) Fri-Sun 1:10-4-6:50-9:50 Mon 6:50-9:50 Tue 1:10-4-6:50-9:50 Wed-Thu 6:50-9:50 Thu 1:30 Django Unchained (13+) Fri-Sun 11:55-3:25-6:55-10:25 Mon 6:55-10:25 Tue 11:55-3:25-6:55-10:25 Wed-Thu 6:55-10:25

Escouade gangster (STC) Fri-Sun 11:30-2:10-4:50-7:30-10:10 Mon 7:30-10:10 Tue 11:30-2:10-4:50-7:30-10:10 Wed-Thu

Flushed Away (G) Sat 11 Gangster Squad (STC) Fri-Sun 12-2:40-5:20-8-10:40 Mon 7:50-10:30 Tue 12-2:40-5:20-8-10:40 Wed-Thu 7:50-10:30 Le hobbit : Un voyage inattendu 3D (G) Fri-Sun 2:05-5:40-9:15 Mon 9:15 Tue 2:05-5:40-9:15 Wed-Thu 9:15 The Hobbit: An Unexpected Journey (G) Fri-Sun 12:50-4:25-8 Mon 8 Tue 12:50-4:25-8 Wed-Thu 8 The Hobbit: An Unexpected Journey 3D

(G) Fri-Sun 11:35-3:10-6:45-10:20 Mon 6:45-10:20 Tue 11:35-3:10-6:45-10:20 Wed-Thu 6:45-10:20

Jack Reacher (13+) Fri-Sun 1:45-4:40-7:35-10:30 Mon 7:35-10:30 Tue 1:45-4:40-7:35-10:30 Wed-Thu 7:35-10:30 The Metropolitan Opera: The Tempest Encore (STC) Sat 12

Les Misérables (G) Fri-Sun 11:50-3:15-6:40-10:05 Mon 6:40-10:05 Tue 11:50-3:15-6:40-10:05 Wed-Thu 6:40-10:05 Monstres, Inc. 3D (G) Fri-Sun 11:40 Tue

Parental Guidance (G) Fri-Sun 4:15-6:45-9:15 Mon 6:45-9:15 Tue 4:15-6:45-9:15 Wed 9:15 Thu 6:45-9:15 Les Pee Wee 3D: L'hiver qui a changé

ma vie (G) Fri-Sun 2:05-4:50-7:35-10:20 Mon 7:35-10:20 Tue 2:05-4:50-7:35-10:20 Wed-Thu 7:35-10:20 Les Pee Wee: L'hiver qui a changé ma vie (G) Fri-Sun 11:20 Tue 11:20 Le réveil des gardiens (G) Fri-Sun 11:25-1:50 Tue 11:25-1:50

Silver Linings Playbook (G) Fri-Sun 1:30-4:20-7:10-10 Mon 7:10-10 Tue 1:30-4:20-7:10-10 Wed-Thu 7:10-10 Star & Strollers Screening Thu 1

Skyfall (13+) Fri 1:30-4:35-7:40-10:45 Sat 4:35-7:40-10:45 Sun 1:30-4:35-7:40-10:45 Mon 7:20-10:25 Tue 1:30-4:35-7:40-10:45 Wed 7:20-10:25 Thu 10:25 Souris City (G) Sat 11

Texas Chainsaw 3D (16+) Fri-Sun 1:35-3:50-6:05-8:20-10:35 Mon 8:05-10:20 Tue 1:35-3:50-6:05-8:20-10:35 Wed-Thu 8:05-10:20 This Is 40 (13+) Fri-Sun 1:45-4:45-7:45-10:45 Mon 7:25-10:25 Tue 1:45-4:45-7:45-10:45 Wed-Thu 7:25-10:25 Zero Dark Thirty (13+) Fri-Sun 12:15-3:40-7:05-10:30 Mon 7:05-10:30 Tue 12:15-3:40-7:05-10:30 Wed-Thu

Barrhaven Cinemas 131 Riocan Dr.

Inchained (18A) Fri 6:30-10:10 Sat-Sun 11:10-2:50-6:30-10:10 Mon-Thu 4:45-8:10 Flushed Away (PG) Sat 11 Gangster Squad (14A) Fri 7:40-10:25 Sat-Sun 11:30-2:10-4:50-7:40-10:25 Mon-Thu 5:20-8 The Hobbit: An Unexpected Journey 3D (PG) Fri 6:15-10 Sat-Sun 2:30-6:15-10 Mon-Thu 7:30 Jack Reacher (14A) Fri-Sun 7:20-10:30 Mon-Thu 8:20 Les Misérables (PG) Fri 6:05-9:35 Sat-Sun 11:15-2:40-6:05-9:35 Mon-Thu 5-8:15 Star & Strollers Screening Thu 1 Monsters, Inc. 3D (G) Sat 1:50-4:20 Sun 11:20-1:50-4:20 Mon-Thu 6 Parental Guidance (G) Fri 7:30-10 Sat-Sun 12-2:30-5-7:30-10 Mon-Thu 5:50-8:30

Star & Strollers Screening Thu 1

Rise of the Guardians 3D (G) Sat-Sun

11:55 Zero Dark Thirty (14A) Fri 6:40-10:15 Sat-Sun 11:45-3:10-6:40-10:15 Mon-Thu 4:50-8:05

SilverCity. 2385 City Park Dr.,

Cirque du Soleil: Worlds Away 3D (G) Fri 1:45-4:20-6:55-9:45 Sat-Sun 11:05-1:45-4:20-6:55-9:45 Mon-Thu 1:45-4:20 6:55-9:45 Django Unchained (18A) Fri 12:05-3:35-7:05-10:40 Sat-Sun 11:40-3:20-7:05-10:40 Mon-Thu 12:05-3:35-7:05-10:45 Flushed Away (PG) Sat 11 Gangster Squad (14A) Fri-Thu 12-2:40-5:20-8:05-10:45 The Guilt Trip (PG) Fri 12:15-2:35-5:15-7:30 Sat-Sun 5:15-7:30 Mon-Thu 12:15-2:35-5:15-7:30 The Hobbit: An Unexpected Journey (PG) Fri-Thu 2:30-6:15-9:55 The Hobbit: An Unexpected Journey — An IMAX 3D Experience (PG) Fri 12-3:30-7-10:45 Sat-Sun 11:30-3:15-7-10:45 Mon-Thu 1-4:40-8:15 Jack Reacher (14A) Fri 2:05-5-8-11 Sat-Sun 11:10-2:05-5-8-11 Mon-Thu 1:05-4:25-7:20-10:15 Life of Pi 3D (PG) Fri 4:30-7:35-10:20 Sat-Sun 1:35-4:30-7:35-10:20 Mon-Thu 4:30-7:35-10:20 The Metropolitan Opera: The Tempest Live (STC) Sat 12 Les Misérables (PG) Fri 1:20-3:10-4:50-6:35-8:30-10:05 Sat-Sun 11:45-1:20-3:10-4:50-6:35-8:30-10:05 Mon-Wed 1:20-3:10-4:50-6:35-8:30-10:05 Thu 1:20-3:10-4:50-8:30-10:05 Monsters, Inc. 3D (G) Fri-Thu 12 National Theatre Live: The Magistrate (STC) Thu 7 Parental Guidance (G) Fri 2:15-4:55-7:55-10:40 Sat-Sun 11:35-2:15-4:55-7:55-10:40 Mon-Tue 12:25-4:15-6:45-9:40 Wed 4:15-9:40 Thu 12:25-4:15 Star & Strollers Screening Wed 1 Promised Land (14A) Fri-Thu 9:50 Silver Linings Playbook (14A) Fri 2:10-5:10-7:50-10:30 Sat 11:15-2:10-5:10-7:50-10:30 Sun-Tue 2:10-5:10-7:50-10:30 Wed 5:10-7:50-10:30 Thu 2:10-5:10-7:50-10:30

Skyfall (PG) Fri-Thu 12:30-3:45-7:15-10:25 Texas Chainsaw 3D (18A) Fri-Thu 12:10-2:25-4:45-7:45-10 This Is 40 (14A) Fri-Sun 1:30-4:35-7:40-10:55 Mon-Thu 1:30-4:35-7:40-10:40 Vertigo (PG) Sun 12:45 Wed 7 Wreck-It Ralph 3D (PG) Fri 1 Sat-Sun 11 Mon-Thu 1:10 Zero Dark Thirty (14A) Fri-Thu 12:20-3:40-7:10-10:35 Ésimésac (PG) Thu 7

Empire Theatres Orleans 6 Cinemas 3752 Innes Rd.

Django Unchained (18A) Fri 4:30-8:15 Sat-Sun 1-4:30-8:15 Mon 8:15 Tue 1-4:30-8:15 Wed-Thu 8:15 Gangster Squad (14A), Fri 3:20-6:40-9:30, Sat-Sun 12:20-3:20-6:40-9:30, Mon 6:40-9:30 , Tue 12:20-3:20-6:40-9:30 , Wed-Thu 6:40-9:30 The Hobbit: An Unexpected Journey 3D (PG) Fri 4:20-8 Sat-Sun 12:40-4:20-8 Mon 8 Tue 12:40-4:20-8 Wed-Thu 8 Jack Reacher (14A) Fri 3:50-6:50-9:50 Sat-Sun 12:45-3:50-6:50-9:50 Mon 6:50-9:50 Tue 12:45-3:50-6:50-9:50 Wed-Thu 6:50-9:50 Les Misérables (PG) Fri 4-7:30 Sat-Sun 12:30-4-7:30 Mon 7:30 Tue 12:30-4-7:30 Wed-Thu 7:30 Monsters, Inc. 3D (G) Fri 4:10-6:45 Sat-Sun 1:20-4:10-6:45 Mon 6:45 Tue 1:20-4:10-6:45 Wed-Thu 6:45 Parental Guidance (G) Fri 3:15-6:20-9 Sat-Sun 12-3:15-6:20-9 Mon 6:20-9 Tue 12-3:15-6:20-9 Wed-Thu 6:20-9 Rise of the Guardians (G), Fri 3:45, Sat-Sun 1:10-3:45, Tue 1:10-3:45 Skyfall (PG) Fri-Thu 6:15-9:25 Texas Chainsaw 3D (18A) Fri-Thu 9:10 This Is 40 (14A) Fri 3:30-6:30-9:40 Sat-Sun 12:15-3:30-6:30-9:40 Mon 6:30-9:40 Tue 12:15-3:30-6:30-9:40 Wed-Thu 6:30-9:40

Zero Dark Thirty (14A) , Fri 3:40-7:15 , Sat-Sun 12:10-3:40-7:15, Mon 7:15, Tue 12:10-3:40-7:15, Wed-Thu 7:15



Star & Strollers Screening Wed 1

You are not alone - cat allergies are one of the most common forms of allergies in the United States and Europe. As you know, the symptoms can significantly reduce your quality of life. The sneezing, itchy and burning eyes and skin, and stuffy or runny nose can be unbearable. You may have even tried multiple different treatment options with no improve-

That's why physicians in your area are conducting a clinical research study of an investigational medication to see if

associated with cat allergies.

You may qualify to participate if you are between the ages of 12-65, live with a cat, and have experienced cat allergies for at least two years.

Qualified participants will receive all study-related care, including physical exams, lab services and study medication at no cost. Insurance is not required and compensation for travel and services may be available.

helps reduce the symptoms To learn more, please contact:

Kanata Allergy Services Ltd 613-599-5700 ext 23 kanataallergy@gmail.com









metr⊕ DISH metronews.ca WEEKEND, January 11-13, 2013

Lily Allen gives birth to second child

Lily Allen and husband Sam Cooper welcomed their second daughter, Marnie Rose, earlier this week, the singer announced via Twitter.

"Quite overwhelmed by the well-wishing going

on," she wrote.
"Thank you everybody!'

In the weeks leading up to the birth, Allen had tweeted about trying to move things along by eat-



ing several helpings of curry. Marnie shares a birthday with Elvis Presley and David



Should I or should I not get my butt up and workout??? I don't wannnnna!!!!!!!!!!



@EmWatson

Thank you so much to everyone who voted for me and Perks at the People's Choice Awards. It was really such a nice surprise. Thank you!!!:)



When does the "I haven't ____s year!!" joke get old? #ImStillUsingIt since LAST

@RealMichelleT

METRO DISH

The Word



Britney Spears missing her **XFactorwhile** hosting



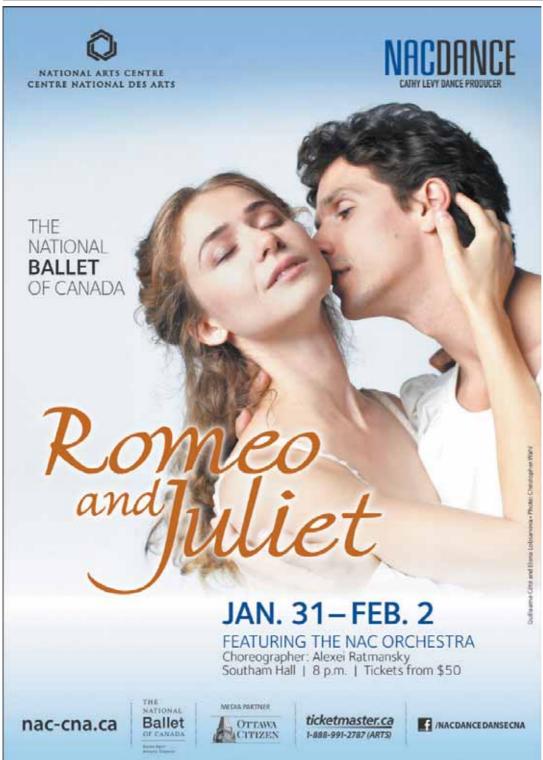
WORD

After mixed reviews and speculation that the show's producers were planning to oust her, Britney Spears has decided to leave the X Factor after one season, according to Us Weekly.

Spears earned \$15 million for her stint as a judge for the singing competition

And sources say Simon Cowell and the show's other bosses were less than thrilled by what they got for their money.

Cowell "wanted crazy Britney, but he got boring Britney," a source says.



Liquid Assets

Bottles to watch in '13



LIQUID ASSETS
Peter Rockwell
@therealwineguy
liquidassets@eastlink.ca

This week, I gaze into my crystal goblet to make wine trend predictions for 2013.

Old is new, again: Look for sweeter reds, semi-sweet white Moscato and mega blends on both the white and red side to continue to dominate.

Malbec is back: Argentina may have the monopoly on the grape, but look for its food friendly personality to invade the shelves of France and non-traditional countries like South Africa.

Aussie Regionality: Down Under will make a play for your palate by focusing attention on its unique regional profiles. Expect McLaren Vale, Yarra Valley, Margaret River and Barossa Valley to take the lead.

Embraceable Iberia: This will be the year for Spain and Portugal. Forget impossible to pronounce names; they're part of the fun.

Oh, Canada: With many provinces relaxing interprovincial shipping rules, a bottle from a small winery may be just a mouse click away. Start with Nova Scotia. L'Acadie Vineyards' 2010 Vintage Cuvée (\$25.99) is a mouthful of bubbly that, if you close your eyes, will have you thinking you're drinking champagne. PRICES REFLECT THE RANGE ACROSS THE COUNTRY. SOME PRODUCTS MAY NOT BE AVAILABLE IN ALL PROVINCES.

Adding a smoke (salmon) screen to an Italian classic

An unexpected seafood addition.
Manicotti Stuffed with Smoked Salmon and Cheese in a Creamy Tomato Sauce.



ROSE REISMAN for more, visit rosereisman.com

The smoked salmon gives it a sophisticated flair that makes it a good company dish as well as a nutritious family dinner.

1. Preheat the oven to 400 F. Spray a 13- by 9-inch baking

Ingredients

- 10 manicott
- 1 1/4 cups smooth light ricotta cheese
- 1/2 cup shredded light ched-
- 1/4 cup grated Parmesan cheese
- 2 oz smoked salmon, chopped1/4 cup finely chopped chives
- or green onion • 3 tbsp 2% milk
- 1 egg
- pinch salt and freshly ground black pepper
- 1 1/2 cups tomato-based pasta sauce
- 1 tsp dried basil
- 1/2 cup 2% evaporated milk
- 2 tbsp grated mozzarella cheese
- 1/2 cup chopped fresh basil



dish with cooking oil.

- **2.** Cook manicotti in boiling water according to package instructions, or until firm to bite, 10 minutes. Drain, cover and set aside.
- 3. Combine the ricotta, cheddar and Parmesan cheeses in a medium mixing bowl. Add the smoked salmon, chives, 3 tbsp milk, egg, salt and pep-

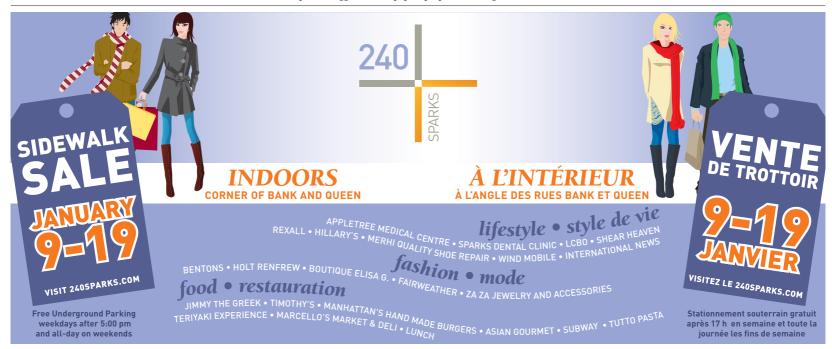
per. Mix until well combined. Slit the manicotti along one side and open like a book. Divide the cheese mixture among the manicotti. Close the manicotti around the stuffing.

4. Combine the tomato sauce, basil and 1/2 cup milk in a small bowl and mix until smooth. Pour half the mixture in the bottom of the prepared baking dish. Place

the stuffed manicotti in the baking dish and pour the remaining sauce over the pasta. Sprinkle with the mozzarella cheese.

5. Cover and bake for 15 minutes, or until hot through. Garnish with the chopped fresh basil before serving.

ROSE REISMAN'S COMPLETE LIGHT
KITCHEN (WHITECAP BOOKS) BY ROSE
REISMAN



metr⊕ metronews.ca WEEKEND, January 11-13, 2013 WEEKEND

> Have a few gaps in your schedule you're looking to fill? Whether you're hoping to dance, drink or just relax, check out these hot upcoming events.





La Danse Macabre

Black-clad goth music fans take note: This Friday night art café Daily Grind gets taken over by the undead to play new wave, metal and other death-rock music for La Danse Macabre. From Jov Division and The Cure to "Electrogoth club anthems" of the last four decades, DJ Reverie will spin it. Jan. 11. Visit thedailygrindartcafe.com



Fury: Portraits of Turbulent Skies - Museum of Nature

Experience the dark drama of natural heavens' phenomena by Ottawa artist Stephen Hutchings at the Museum of Nature. This special exhibit of paintings capture the celestial beauty and danger of storm clouds inspired by internet and newsreel photos. The paintings profoundly depict how society is drawn to beautiful terror. Until March 3. Visit nature.ca/en.



Wedding Palace Bridal Show

Whether there's a shiny diamond ring on your finger or you just want to catch a bouquet soon, the Palace Bridal Show at the Ottawa Convention Centre has something for you. The high-end event has unique exhibitors for your every bridal need. We're talking hundreds of booths offering everything from destination weddings to famed photographers. Jan. 12 to 13. Visit weddingpalace.ca.



Don't grab a bar of soap, the band's name is really F—ed Up, but they're actually a Polaris Prize award-winning hardcore band from Toronto. This heavy punk group's wild frontman Pink Eyes could easily strip down to his skivvies while performing songs that will get the kids moshing at Ritual. Jan. 12. Visit spectrasonic. com.



Tobogganing

For family fun that never goes out of style, bundle up the kids in warm scarves and pull on your long-johns to hit the many snow cov-ered hills that Ottawa's greenbelt boasts. Try Carlington Hill or the Experimental Farm's Arboretum. Bonus: sliding is free at the 56 city parks. All winter. Visit canadascapital.gc.ca.



Shannon Rose & The Thorns album release

Shannon Rose's music is pure charm and her new music video for Wild Wind will make you smile. Her clear and Feist-like soft rock sound goes perfectly in the cozy Wakefield Black Sheep Inn, where she will be releasing her second full length album, Seasons, this Sunday afternoon with a guest cellist. Visit shannonrose andthethorns.com.



Ottawa's Premier Bridal Show!

January 12th & 13th, 2013 · 11 am to 5 pm



Amazing Grand Door Prizes & Giveaways to be Won! Fabulous Fashion Shows . Ottawa's Finest Bridal Merchants Over 200 Exhibits To Help You Plan Your Special Day!

> Advance tickets available on our website & all Jubilee Fine Jewellers Locations

Call or visit: 613.612.5468 · weddingpalace.ca











Simply pre-purchase your tickets on weddingpalace.ca to enter the contest!

Contest terms and conditions wrailable on our waters





TSPORT

MLB

Expanded blood testing for HGH ahead in 2013

Major League Baseball will test for human growth hormone throughout the regular season and increase efforts to detect abnormal levels of testosterone, a decision the NFL used to pressure its players.

players.

Baseball players were subject to blood testing for HGH during spring training last year, and Thursday's agreement between management and the Major League Baseball Players Association expands that throughout the season. Those are in addition to urine tests for other performance-enhancing drugs.

Under the changes to baseball's drug agreement, the World Anti-Doping Agency laboratory in Laval, Que., will keep records of each player, including his baseline ratio of testosterone to epitestosterone, and will conduct Carbon Isotope Ratio Mass Spectrometry (IRMS) tests of any urine specimens that "vary materially."

THE ASSOCIATED PRESS

MLB



"Hopefully someday somebody calls you and says, 'Hey, we

want to give you a second chance."

Baseball's career hits leader Pete Rose, trying to provide a few lessons in patience after Barry Bonds, Roger Clemens and Sammy Sosa were kept out of the Hall of Fame on Wednesday, Rose agreed to a permanent ban from baseball in 1989 after the former Cincinnati Reds player and manager was accused of betting on baseball. He is also banned from inclusion on the Hall of Fame ballot, although four voters gave him write-in votes this week.



Los Angeles Kings goalie Kelly Hrudey dives to make a save against the Boston Bruins in Inglewood, Calif., on Feb. 17, 1992. Hrudey and the 1995 Kings had a

Intensity amped up in shortened season

NHL. Increased urgency could be overwhelming, say those who went through 1995 campaign

Kelly Hrudey was not accustomed to being pulled into his coach's office for a chat after the first game of the regular season. But this wasn't a normal season.

The Los Angeles Kings goaltender could probably have been excused for showing a little rust when play resumed in January 1995 after an extended lockout and an abbreviated training camp. After all, it was essentially his first meaningful game in

Quote

"A 5-0 start could be golden and an 0-5 start could be deadly." Nashville Predators GM David Poile

eight months when the Toronto Maple Leafs visited the Kings at the Great Western Forum on opening night. "We tied 3-3 and I had let

"We tied 3-3 and I had let in a really bad goal," Hrudey recalled in a recent interview. "I remember (coach) Barry Melrose said, "We just can't have that in this season because it's so short and we can't give you two weeks to get ready."

"I remember that part about it, there was a real sense of urgency which you don't normally have for a sea-

The 48-game schedule was crammed into 104 days that year and saw NHL teams play only opponents within their own conference. There had never been anything like it before. And it proved to be a pretty wild ride.

Like many coaches who currently find themselves preparing for the start of training camps on Sunday and a Jan. 19 puck drop, Melrose felt he had done everything he possibly

could to hit the ground running when the lockout ended.
Once the deal was finally

Once the deal was finally signed, he was instead hit with a reality check.

"All of a sudden when it happened everything just accelerated, just blew up," said Melrose. "You went from nothing to knowing you had to start the season in 10 days. We'd been preparing for a long time but we were not really prepared.

"Things happened very quickly."

Melrose didn't finish the season behind the Kings bench. He was replaced by Rogie Vachon with just seven games to play and Los Angeles floundering in the standings at 13-21-7. THE CANADIAN PRESS



2 for 1 on \$7 Expo General Admission Clip and Present this Ad at the Door

Join us for the 7th annual Health and Wellness Expo!

Saturday January 12th, 2012 • 9 am to 4 pm CENTRE DES ARTS SHENKMAN ARTS CENTRE

Over 100 exhibitors this year, amazing speakers and a shocking newly released health documentary.

DON'T MISS OUT!



www.OttawaHealthandWellnessExpo.com

metr⊕ **SPORTS**

NFL. Study says Seau had brain disease when he committed suicide

When he ended his life last year by shooting himself in the chest, Junior Seau had a degenerative brain disease often linked with repeated blows to the head.

Researchers from the National Institutes of Health said Thursday the former NFL star's abnormalities are consistent with chronic traumatic encephalopathy, or

The hard-hitting linebacker played for 20 NFL seasons with Šan Diego, Miami and New England before retiring in 2009. He died at age 43 of a self-inflicted gunshot in May, and his family requested the analysis of his brain.

No hometown love for Tebow

Tim Tebow won't be playing for his hometown team.

The Jacksonville Jaguars made it clear Thursday that they have no plans to pursue the popular and polarizing New York Jets

The NFL faces lawsuits by thousands of former players who say the league withheld information on the harmful effects of concussions.

"It was important to us to get to the bottom of this. the truth," his ex-wife Gina Seau said. "And now that it has been conclusively determined from every expert that he had obviously had CTE, we just hope it is taken more seriously.'

THE ASSOCIATED PRESS

backup quarterback.

The Jets are likely to release the 2007 Heisman Trophy winner and Jacksonville native during the off-season.

"I can't imagine a scenario in which he'll be a Jacksonville Jaguar - even if he's released," new general manager David Caldwell said at his introductory news conference.

THE ASSOCIATED PRESS

Rodgers facing 49ers team that passed him up in draft



NFL. Packers QB finally gets to play a meaningful game at stadium where he used to root for 49ers

The anxiety-filled green room and draft day seem so long ago now to Aaron Rodgers.

Still, this weekend, any lingering feelings of frustration about how far he dropped will be directed at the team that passed him up with the No. 1 pick nearly eight years ago.

Rodgers brings the highscoring Green Bay Packers (12-5) to Candlestick Park on Saturday to face No. 2 seed San Francisco (11-4-1) in prime time for a place in the NFC championship game. He'll take the field in the very venue where he became a regular fan as a boy rooting for Hall of Famers Jerry Rice and Steve Young.

Rodgers will look to avenge a 30-22 season-opening home loss to the 49ers.

"It will be fun. I went to

a few baseball games there growing up, and saw a game there when I was in college," Rodgers said. "Stadium's got a lot of tradition. Looks like we're kind of fortunate with the weather right now. Still wonder what that's going to

Rodgers returns to Northern California, where he became a college star for California across San Francisco Bay in Berkeley, with a healthy cast of receivers and the swagger of a Super Bowl champion.

When Rodgers dropped to No. 24 in the 2005 draft after Alex Smith went No. 1, he was asked about his disappointment. He matter-of-factly said, "Not as disappointed as the 49ers will be that they didn't draft me."

Now, everybody in the Bay Area and beyond will be watching his every move again.

Even San Francisco's opportunistic, ball-hawking defence realizes just how hard it will be to rattle Rodgers or get him off his game. He hasn't thrown an interception in five straight games and 177 passes.

THE ASSOCIATED PRESS

More than a gym

Join the Yand belong to a **community** that is

healthy, confident and connected.

FREE DAY PASS

Pool • Fitness Centre • Personal Training

\$0 JOINING FEE

Join the Y by Jan. 31/13 and save up to \$75

YMCA-YWCA of the **National Capital Region**

NBA

EASTERN CONFERENCE W L 23 10 23 11 21 14 Chicago Brooklyn Milwaukee .571 .529 Boston Philadelphia .514 .405 .371 .361 .343 .265 9 28 5 28 **WESTERN CONFERENCE**

| | vv | L | PCC | GB |
|-----------------|----|----|------|------|
| d-L.A. Clippers | 28 | 8 | .778 | - |
| d-Oklahoma City | 27 | 8 | .771 | 1/ |
| d-San Antonio | 28 | 10 | .737 | 1 |
| Memphis | 23 | 10 | .697 | 31/ |
| Golden State | 22 | 12 | .647 | 5 |
| Houston | 21 | 15 | .583 | 7 |
| Denver | 21 | 16 | .568 | 71/1 |
| Portland | 19 | 15 | .559 | 8 |
| Utah | 19 | 18 | .514 | 91/ |
| Minnesota | 16 | 16 | .500 | 10 |
| L.A. Lakers | 15 | 20 | .429 | 121/ |
| Sacramento | 13 | 22 | .371 | 141/ |
| Dallas | 13 | 23 | .361 | 15 |
| Phoenix | 12 | 25 | .324 | 161/ |
| New Orleans | 10 | 25 | .286 | 171/ |
| | | | | |

New Orleans 10 25

Thursday's results
New York at Indiana
Dallas at Sacramento
Miami at Portland
Wednesday's results
Utah 112 Charlotte 102
Cleveland 99 Atlanta 83
Toronto 90 Philadelphia 72
Boston 87 Phoenix 79
San Antonio 108 L.A. Lakers 105
Milwaukee 104 Chicago 96
Oklahoma City 106 Minnesota 84
New Orleans 88 Houston 79
Denver 108 Orlando 105
L.A. Clippers 99 Dallas 93
Memphis 94 Golden State 87
Friday's games

Friday's games Charlotte at Toronto, 7 p.m. Charlotte at Toronto, 7 p.m. Houston at Boston, 7:30 p.m. Phoenix at Brooklyn, 7:30 p.m. Utah at Atlanta, 7:30 p.m. Utah at Atlanta, 7:30 p.m. Chicago at New York, 8 p.m. Minnesota at New Orleans, 8 p.m. San Antonio at Memphis, 8 p.m. Detroit at Milwaukee, 8:30 p.m. Cleveland at Denver, 9 p.m. Oklahoma City at L.A. Lakers, 10:30 p.m. Portland at Golden State, 10:30 p.m.

AHL

Thursday's result Lake Erie at San Antonio. Wednesday's results Syracuse 5 Rochester 3 Binghamton 3 W-B/Scranton 1 Grand Rapids 6 Rockford 3

Friday's games All Times Eastern

Toronto at St. John's, 6 p.m. Albany at Manchester, 7 p.m. Adirondack at Binghamton, 7:05 p.m. Bridgeport at Providence, 7:05 p.m. Hershev at W-B/Scranton, 7:05 p.m. Springfield at Worcester, 7:30 p.m. Norfolk at Syracuse, 7:30 p.m. Charlotte at Oklahoma City, 8 p.m. Milwaukee at Peoria, 8:05 p.m. Grand Rapids at Rockford, 8:05 p.m. Lake Erie at San Antonio, 8:30 p.m. Houston at Texas, 8:30 p.m. Chicago at Abbotsford, 10 p.m.

NFL

PLAYOFFS

DIVISIONAL PLAYOFFS

Saturday's games — All Times Eastern AFC — Baltimore at Denver, 4:30 p.m. NFC - Green Bay at San Francisco, 8 p.m.

Sunday's games
NFC — Seattle at Atlanta, 1 p.m.
AFC — Houston at New England, 4:30 p.m.
CONFERENCE CHAMPIONSHIPS Sunday, Jan. 20
AFC and NFC (Dates and Times TBD)

SUPER ROWL Sunday, Feb. 3 — At New Orleans, La. AFC vs. NFC champions, 6 p.m.

SOCCER

SPAIN

COPA DEL REY

Second Leg Thursday's results

Atletico Madrid O, Getafe O, Atletico Madrid advances on 3-0 aggregate
Barcelona 5, Cordoba 0, Barcelona advances on 7-0 aggregate

Real Betis 1. Las Palmas 0. Real Betis

TENNIS

ATP WORLD TOUR HEINEKEN OPEN

At Auckland, New Zealand Thursday's results Singles

Quarter-finals

Philipp Kohlschreiber (2), Germany, def. Xavier Malisse, Belgium, 7-6 (6), 6-4.

Sam Querrey (4), United States, def. Jesse Levine, Canada, 6-4, 7-6 (5) David Ferrer (1), Spain, def. Lukas Lacko,

Slovakia, 6-2, 6-1. Gael Monfils, France, def. Tommy Haas (3),

Germany, 3-6, 7-5, 6-3. **Doubles**

Quarter-finals

Colin Fleming, Britain, and Bruno Spares (1), Brazil, def. Benjamin Becker, Germany, and Jurgen Melzer, Austria, 6-3, 6-4. Johan Brunstrom, Sweden, and Frederik Nielsen, Denmark, def. Jerzy Janowicz, Poland, and Albert Ramos, Spain, 6-2, 6-4.

Frantisek Cermak, Czech Republic, and Michal Mertinak, Slovakia, def. Xavier Malisse, Belgium, and Frank Moser, Germany,

APIA INTERNATIONAL

At Sydney, Australia (seedings in parentheses): Men's Singles Quarter-finals

Andreas Seppi (3), Italy, def. Marcel Granollers (8), Spain, 6-4, 7-5.

Julien Benneteau, France, def. Rvan Harrison, United States, 6-4, 6-2.

Kevin Anderson, South Africa, def. Denis Istomin, Uzbekistan, 6-4, 6-3.

Bernard Tomic, Australia, def. Jarkko Nieminen, Finland, 6-7 (6), 6-4, 6-2.

Women's Singles Semifinals

Agnieszka Radwanska (1), Poland, def. Li Na (4), China, 6-3, 6-4.

Dominika Cibulkova, Slovakia, def. Angelique Kerber (2), Germany, 6-2, 4-6, 6-3. Men's Doubles

Quarter-finals

Max Mirnvi, Relarus, and Horia Tecau (4). Romania, def. Mahesh Bhupathi, India, and Daniel Nestor, Canada, 6-3, 6-4.

33

57

65

36

40

64

BY KELLY ANN BUCHANAN

19

↑ Aries

March 21 - April 20

Today's new moon urges you to make the most of an opportunity of some kind. Being the ambitious sort you want to move up in the world, so let the powers that be know what you can do — by doing it.

Taurus April 21 - May 21

At some stage today, you will realize that life is both more complicated and more simple than you have up until now imagined. What matters though is that you are thinking for yourself. So few people ever

∐ Gemini

May 22 - June 21

The new moon will give you a pointer as to what you should be doing and who you should be doing it with. It also suggests that you could make some serious money, but only as part of a team.

9 Cancer

June 22 - July 23

You can now see with the utmost clarity what needs to be done to restore a relationship to its former glory. Don't let what went before get in the way of what needs to be done right now.

Ω Leo

July 24 - Aug. 23

You run the risk of getting bogged down by details that could and should be left until another day, if not ignored altogether. Focus on essentials only, such as getting ahead in your career and making a fortune.

W Virgo

Aug. 24 - Sept. 23 There is nothing you cannot do if you put your mind to it.

Today's new moon in Capricorn will give you the confidence vou need to embark on a new adventure, something you have wanted to do for years.

Sept. 24 - Oct. 23

Use whatever information comes your way today to your advantage. Most likely you will learn something about a social rival or work associate that they don't want you to know. At last you've got some leverage!

M Scorpio

Oct. 24 - Nov. 22

The more you talk things through with partners and colleagues today, the more they and you will understand that vour interests are one and the same Communication is the key to success — and lasting

矛 Sagittarius

Nov. 23 - Dec. 21

Follow your instincts today, especially where money matters and business deals are concerned. No matter what the facts and figures may say if you sense that something is not quite right you must hold back.

17 Capricorn

Dec. 22 - Jan. 20

What would you do if you knew you could not fail? So why are you not doing it now? A new moon in your sign makes this the ideal day to follow your dream, no matter how outrageous it may be.

Aquarius

Jan. 21 - Feb. 19

What you need to convince yourself of today is that your fear is based on an illusion caused by your determination to always seem to be in control. Let fate guide you over the next 24 hours. You'll enjoy the results.

H Pisces Feb. 20 - March 20

Today's new moon suggests you are about to make new friends, and what these new friends have to tell you will get vou thinking in interesting ways. You don't know it all - at least not yet. SALLY BROMPTON

Crossword: Canada Across and Down

- 1. "Gangster" (2013). new movie starring #46-Down
- 6. Prince William's sister-in-law
- 11. Mr. DiCaprio, to pals
- 14. "FairyTale: _ __ Story" (1997) 15. "_ __ business!"
- Darya (Asian river) 16.
- 17. Canadian rock group
- 18. Wheat type
- 19. Where, in Latin
- 20. Pull 22. Intro-to-nickname letters
- 23. Monk's title
- 24. To Ontario's left on a map,
- The
- 28. Doves
- 31. Country's Brooks & . Doubtfire" (1993)
- 33. "Aha!"
- 34. On
- 35. Thompson Twins tune
- 37. Gumption 38. Ear-related
- 40. Opposina
- 42. Madeleine of ABC's "Revenge"
- 45. Prefix to 'culture' 47. Film set job
- 51. Lay things __: 2 wds.
- 53. Acorned tree
- 54. Comfy spot 55. Ancient military city
- 56. The __ Channel
- 58. Elevs.
- 59. Singer Mr. Bachman
- 61. Pres. Ford's Vice-Pres.
- 62. Universal ideal 63. Mr. B. DeMille
- 65. Burlesque Queen, Dita Von
- 69. Bering, e.g.
- 70. Air conditioners company
- 71. Debated topic
- 72. "Gangnam Style" guy 73. Hippie's salute
- 74. Piano legend Mr. Peterson

- 1. Tree treat
- 2. CFL game period, for short
- 3. Spoonbender Mr. Geller 4. Mike Myers character: 2 wds.
- 5. Take†exception to
- 6. TV's Magnum, et al. 7. Deadlock 8. Glance

62

17

- 9. Buckingham
- 10. Picnic invader
- 11. Prime Minister Harper's wife
- 12. Begins a cruise
- 13. Montreal affirmative 21. John Rhys-Davies' part in 'Lord
- of the Rinas' flicks
- 23. Association the Golden Globe Awards, The Hollywood __: 2 wds. 24. Celeb couple's caught-by-paps moment

How to play

involved.

We'll all feel better.

- 25. Groove 26. Year: Spanish
- 27. Susan's role from "All My
- Children"
- 29. Dethrone 30. Freelancer's encl. to an editor

15

18

45 45

53

56

32

35

52

59 60

63

73

- 36. Ms. McLachlan
- 39. Check
- 41. Camera company
- 42 Roads for short
- 43. Magicians' costumes parts: 2 wds.
- 44. Speech-giver's skill 46. Canadian actor Ryan
- 49. Lithium- battery
 - 50. Canada Post delivery, e.g.

48. Louis XIV, par exemple

52. McCain tidbits, Tasti 57. "__ Lanterns" by Kim Mitchell 60. Health food berry

66

- 62. Cup o' Earl Grey stirrer 63. CBC rival
- 64. "Dancing with the Stars" judge
- Mr. Goodman 66. Computer keyboard key
- 67. "Dalla __ Pace": Aria in Mozart
- opera Don Giovanni
- 68. Suffix with 'Musket'

167832594



Fill in the grid, so that every

every 3x3 box contains the

digits 1-9. There is no math

row, every column and

| 6 | 3 | 4 | 0 | 6 | 7 | 2 | 1 | 8 |
|----|-----|---|---|---|---|---|---|---|
| Đ. | 9 | 2 | 4 | 1 | 5 | 7 | 3 | 6 |
| 6 | 7 | 9 | 2 | 4 | 1 | 8 | 5 | 3 |
| 3 | 1 | 5 | 7 | 8 | 6 | 9 | 4 | 2 |
| 4 | 2 | 8 | 3 | 5 | 9 | 6 | 7 | 1 |
| 7 | 4 | 3 | 6 | 9 | 8 | 1 | 2 | 5 |
| 0 | 5 | 6 | 1 | 5 | 3 | 4 | 8 | 7 |
| 2 | . 8 | | 4 | 7 | 4 | 2 | 0 | 0 |

6 9 6 8 3 2 8 5 1 7 4 1 9 4 3 6 4 5 8 4 2 7 6 3 9 6

Today Rain and snow * 80%

Saturday



6 /-1 Partly sunny

Know what the weather will be 14 days from now. Check the 14 day trend.

©The Weather Network 2013

Read metr@drive every Wednesday.







SELL YOUR GOLD WITH PEACE OF MIND

PROTECT YOURSELF

When it comes to buying, selling, refining and recycling precious metals, OttawaGold is the leading, trusted authority in the industry. We are leading the way by providing a trusted tradition of ethical practices, information and education as well as unparalleled service to each and every customer. We have made major investments to acquire state-of-the-art gold testing equipment to assure exact details of the items being tested. You will be involved in each step along the way.

HERE ARE A FEW WAYS WE TEST YOUR GOLD:



ACID SCRATCH TEST

The first step we use is an acid scratch test. This may be the only test that is used if the test goes well. We scratch the item on a smooth touch stone (similar to slate). This does not damage the piece in any way, but makes a fine mark on the stone.



SPECIFIC GRAVITY MACHINE

The second step that may be conducted is a measurement of your item's density. By weighing the item first on a normal scale, and then underwater, the density is calculated. Since gold is a very heavy metal, the density allows us to calculate the purity of your gold.



Bring in your unwanted jewellery.



Our friendly and professional staff will test your items right in front of you and involve you in every step.



You walk away with a cheque!

WHAT WE PAY...

| KARAT | PRICE |
|---|-----------------|
| 1 ounce [9999] Maple Leaf Coins | \$1,659.23/coin |
| 9999 Canada Maple leaf, less than 1 ounce | \$53.35/g |
| 24k Jewellery | \$40.15/g |
| 22k | \$36.78/g |
| E. Indian/Nuggets | \$32.60/g |
| 18k | \$30.11/g |
| 14k and dental | \$23.41/g |
| 10k | \$16.70/g |
| 9k | \$15.06/g |
| 8k/antique gold | \$10,04/g |
| Stamped Sterling Silver Jewellery | \$0.63/g |
| Platinum (950 purity) | \$33.13/q |

613.979.GOLD(4653)

Westgate Shopping Centre 1309 Carling Ave, Ottawa

Monday to Friday, 9:30am to 6pm Saturday, 10am to 5pm • Sunday, 12pm to 4pm



www.OttawaGold.ca